

## CLAIMS

I claim:

1. A starting block for a runner in a track event, the starting block comprising:

5 (a) a rail having two outwardly-positioned rows of upwardly-directed teeth and two upwardly-projecting guides running parallel to and between the rows of teeth, each guide having an enlarged tip along its top surface;

(b) a pair of foot pedal assemblies, one connected to the left side of the rail and one connected to the right side of the rail; and

10 (c) a pair of connectors for connecting the pedal assemblies to the rail, each connector being capable of placement in a lowered engaged position or a raised non-engaged position with respect to its position along the rail, each connector comprising an engaging member for selectively engaging its  
15 respective row of teeth and a sleeve for enveloping and selectively engaging its respective guide, the sleeve being shaped and sized such that, when the connector is in the lowered engaged position, the engaging member engages the teeth and the sleeve engages the enlarged tip of the guide and such that, when the connector is in the raised non-engaged position, the engaging member is above the row of teeth and the sleeve is retained on the guide.

2. The starting block of claim 1 wherein the engaging members of the connectors comprise pins.

3. The starting block of claim 2 wherein the sleeve has an inner surface with a size and shape that mates with the enlarged tip of the guide.

4. The starting block of claim 3 wherein the enlarged tip of the guide is cone shaped.

5        5. The starting block of claim 4 wherein each foot pedal assembly comprises: (i) a frame with a plurality of steps and a plurality of downwardly and rearwardly directed spikes for engaging the track surface; (ii) a reclining pedal upon which the runner places a foot, the pedal being pivotably connected to the frame; and (iii) a step member pivotably connected to the pedal and adapted to selectively engage a step on the frame to adjust the reclining angle.

      6. The starting block of claim 5 wherein the rail has an upwardly arching handle at the front and a length of about one to four feet.

      7. The starting block of claim 6 wherein the rail is made of extruded aluminum.

      8. A starting block for a runner in a track event, the starting block comprising:

5        (a) a rail having two outwardly-positioned rows of upwardly-directed teeth and two upwardly-projecting guides running parallel to and between the rows of teeth, each guide having a cone shaped enlarged tip along its top surface;

      (b) a pair of foot pedal assemblies, one connected to the left side of the rail and one connected to the right side of the rail; and

10        (c) a pair of connectors for connecting the pedal assemblies to the rail, each connector being capable of placement in a lowered engaged position or a raised non-engaged position with respect to its position along the rail, each connector comprising a pin for selectively engaging its respective row of teeth and a sleeve for enveloping and selectively engaging its respective guide, the sleeve being shaped and sized such that, when the connector is in the lowered  
15        engaged position, the engaging member engages the teeth and the sleeve engages the cone shaped enlarged tip of the guide and such that, when the connector is in the raised non-engaged position, the engaging member is above the row of teeth and the sleeve is retained on the guide.

9. The starting block of claim 8 wherein each foot pedal assembly comprises: (i) a frame with a plurality of steps and a plurality of downwardly and rearwardly directed spikes for engaging the track surface; (ii) a reclining pedal upon which the runner places a foot, the pedal being pivotably connected to the frame; and (iii) a step member pivotably connected to the pedal and adapted to selectively engage a step on the frame to adjust the reclining angle.

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10. The starting block of claim 9 wherein the rail has an upwardly arching handle at the front and a length of about one to four feet.